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Curing Sickness with Eye-Glasses

By EDWIN F. BOWERS, M.D.

UP to within a few weeks ago, had any one told me that with eye-glasses they not only could but did cure cases of goiter—some of which had even been operated upon without relief—and any number of diabetic, kidney, and high blood-pressure conditions, I should have sent him a hand-tooled, highly illumined copy of Münchhausen.

I might have admitted that, by relieving eye-strain and defects of vision, it is possible to relieve migraine and other forms of headache, neuralgia, dizziness, and fainting spells, stammering, hysteria, and epilepsy, nervous exhaustion, despondency, asthma, heart irregularities, insomnia, spinal curvature from head-tilting, nausea and dyspepsia, rheumatism and pelvic pains, backwardness in school children, and perhaps even subnormality or insanity, as Dr. George M. Gould and other eminent observers have been telling us for many years.

But when one claims not to only correct all these disorders but also to cure goiter with glasses, to clear up the sugar, relieve the nervousness and thirst, and reduce to normal the quantity of fluid eliminated in diabetes; bring blood pressures of 220 or 230 millimeters down to 150 or 160 in two days of spectacle-wearing, and after a few weeks of "glassing" apparently to cure kidney degeneration—this passes belief.

Astonishing Effects of Eye-Strain

YET I have seen some of these miracles, and have interviewed and heard from many others who have been miraculously restored to health. I have studied the records of scores of cases, and talked with physicians and pathologists who first diagnosed the conditions.

To see Doctor Z. L. Baldwin perform these feats of physical legerdemain, one must journey to Kalamazoo, Michigan, where Doctor Baldwin has a sanatorium, chiefly devoted to a new and marvelously successful method of treating tuberculosis and other germ and degenerative diseases.

Doctor Baldwin's astonishing successes in treating systemic disorders by adjusting the eye muscles seems to be founded upon excellent reason. He claims that, inasmuch as the natural position of the eye is in "distant" or parallel vision, and as civilization requires most of us to

converge our line of vision to a focal point from fourteen to twenty inches from the eye, and to hold it there more or less tenaciously during the working day, the external eye muscles are brought to a condition of spasm.

This results in the muscle fibers becoming thinned and weakened, and the muscle finally being shortened. Also, the ciliary muscle, which flattens and elongates the eyeball (thereby altering the focal point of its lens), and the ciliary nerve become strained from over-fatigue from this excessive use.

This constant and abnormal exercise of the nerves and delicate muscles results in the wastage of a tremendous amount of nervous and physical energy, which is reflected along the lines of least resistance, producing painful or dangerous disorders, sometimes in organs remote and apparently unconnected with the original source of trouble. It may even cause a disordered function in some of the glands.

Further, as the energy of more than two thirds of the brain is used by the visual centers, any extra strain upon the nerves and muscles of the eyes naturally causes a weakening or even an impoverishment of the brain itself.

Now, we provide a crutch for a lame leg, a sling for an injured arm, a truss or a bandage for a weakened abdominal muscle, and rest for a damaged heart. Doctor Baldwin contends that it is equally sensible to provide mechanical help which will relieve strain and bring rest to weakened eyes.

This the Doctor accomplishes by what he calls the "repression method," which consists in dimming the vision and relaxing the spasm of the ciliary muscles by placing convex lenses before the eyes. This cuts the vision down from one quarter to one half, and rests the entire visual apparatus. It conserves nerve and muscle activity, prevents dissipation or loss of energy, and naturally strengthens the nerve centers, relieving the reflex symptoms, and ultimately restoring normal vision.

If the short eye muscle does not stretch back to normal under the relaxing treatment, it is carefully divided. This little operation definitely prevents any recurrence of the trouble from that group of muscles.

A patient who complained of progressive exhaustion, and whose condition was

diagnosed as incipient tuberculosis, on examination at the sanatorium was found to have diabetes. He had nearly three per cent. of sugar, and his blood pressure was 220—about 70 millimeters too high.

On being "fogged down" by prisms, he was entirely relieved of the eye-strain, symptoms of diabetes disappeared, and, what is more wonderful, his blood pressure fell to 150, and remained there.

A Case of Goiter Cured

IN goiter the results have been even more miraculous. An attorney of Detroit, for instance, had muscular rheumatism, particularly affecting the muscles of the legs and back. In February, 1913, he was attacked by exophthalmic goiter. An unsuccessful operation left him reduced in weight, in a weakened condition, troubled with insomnia, and delirious at night. His eyes bulged, and there was great trembling of the hands. He could read only a few minutes at a time. He was "as nearly a wreck as a man could be and be alive."

In this condition he went to Doctor Baldwin, arriving at the sanatorium on Saturday. The Doctor and his nurses accused him of rambling all over the place that night, although he had no recollection of it. The next day the Doctor gave him a treatment. On Wednesday prisms were put on, and he was able to go to town on the street-car. On Thursday he went for a drive about town. On Sunday, after a week of treatment, he bought a voluminous Sunday paper and read it through. He continued to improve until he regained his full weight and strength, and his pulse and blood pressure became normal. All evidence of goiter disappeared.

Of course, these phenomenal results follow only when eye-strain causes the trouble. There are many other causes for these conditions that lenses will not help. These conditions, however, are readily determined by examination. But, in Doctor Baldwin's experience, fully 30 per cent. of all stomach disorders are cured by preventing the energy loss from eye-strain. It is interesting and gratifying to note that cases of insanity, melancholia, epilepsy, functional paralysis, and other eye-strain reflexes and disorders, successfully treated ten years ago, still remain cured.

The Man in the Stone House

Continued from page 12

"That's what this paper says," replied Will Bisbee doggedly, as if he felt the necessity of dodging the blame. "I'm reading what it says right here: 'Ezra Mudge, 15,001. Therefore elected.'"

Starr had risen from his seat. He reached mechanically for the paper, and Will Bisbee, just as mechanically, passed it over to him. The crowd was shouting: "Fake! Fake!"

"Let Starr read it! You're all balled up, Will!" shouted somebody near the platform.

One glance at the paper was enough to convince Starr that something extraordinary had taken place. He saw why it was that Henry Treadway had been taken ill. He looked down upon the frenzied crowd below, and, as he let his gaze go around the quarter circle, it met the eyes of Ezra Mudge, sitting like a stone image, his

hands on the top of his cane. He saw in that steady regard of Ezra all the covert triumph that lay in the gray eyes.

It was a challenge to Starr, and he knew it. There suddenly came back into his mind the evening at Ezra's house, and the challenge he himself had thrown down to the old man upon parting. Well, the old man had taken it up! And with a vengeance.

STARR threw back his shoulders and drew a long breath.

"Order!" he cried at the top of his voice.

"I find," he announced, in his most ringing tones, "that our fellow townsman, Mr. Ezra Mudge, has been given 15,001 votes—by his fellow citizens—and is therefore elected the most popular man in Boston."

"No! Fake!" bawled a score of demurring voices.

"It is not a fake!" shot back Starr. "Permit me to say that that word is out of order. There is no reason to doubt these figures. They are properly sworn to. If Ezra Mudge is in the audience, will he kindly step forward?"

Of course, Starr knew very well that Mr. Ezra Mudge was in the audience; but

he was dealing with him as one stranger with another.

There was a low gasp as Ezra Mudge rose and strode down the aisle. He never had seemed so magnificently erect and dignified as at this moment. As he neared the base of the platform—the very spot, indeed, where he had suffered humiliation at the hands of Clint Weatherbee not long before—Starr bowed politely and beckoned him up the little flight of steps to the stage.

There was absolute silence in the hall. If it was a farce that was being enacted, nobody seemed to realize it.

Ezra Mudge was on the platform at last. He stood facing Starr. They were close enough to "wrangle," as somebody remarked afterward. Without a sign of emotion, Starr took from the table the silver cup, held it lovingly a moment, and then spoke:

"Mr. Mudge, I have the honor to present you (acting for Mr. Treadway) this beautiful loving-cup, which is yours by virtue of being elected, in a voting contest, the most popular man in Boston. You will find inscribed upon it certain words that indicate that it is a token of the love and respect in which you are held by your fellow citizens. I felicitate you on the